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## NUTS FOR WINTER DISHES

Because nuts are a nourishing food, especially rich in oil, and because they are adapted to different cooking uses, they will provide many a hearty and delicious dish for winter menus.

Studies of the use of nuts in cooking made in the U. S. Department of Agriculture, offer many suggestions for the homemaker.

A nut loaf makes a good main dish for a winter meal. The most successful loaf mixtures tested at the Department's Bureau of Home Economics contained chopped nuts, chopped raw vegetables, a cereal like rice or bread-crumbs with a thick sauce to bind the ingredients together. Chopped celery, green pepper, or raw carrots provided the crisp texture so appetizing in such a mixture. The method used in making was to mix nuts, vegetables, cereal, or bread crumbs in the thick sauce, mold into a loaf, pack tightly in a well-greased loaf pan lined with paper and bake in a moderate oven for an hour. Chopped peanuts, carrots, and bread crumbs with tomato sauce make a delicious loaf, as do chopped pecans and rice.

Nuts also make excellent croquettes if the mixture is softer and more moist than that used for a loaf. Mashed potatoes, bean pulp, or cooked cereal may make the base for nut croquettes.

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Nuts may be used to give extra nourishment and flavor to almost any recipe for bread or cake. But because nuts in a baked mixture tend to absorb moisture and make the finished product dry, they may be placed in boiling water and drained before being added to the other ingredients.

An unusual use for chopped nuts is in pie-crust. Substitute pecan nuts for half the fat in the pie-crust recipe and mix as for plain pastry. Nut crust is especially good with a cream or custard filling.

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